**KWIECIEŃ MIESIĄCEM ŚWIADOMOŚCI AUTYZMU**

Osoby z autyzmem podkreślają, że sama świadomość nie wystarczy, potrzebna jest akceptacja całej różnorodności spektrum. Autyzm nie jest tylko niebieski, jest wielokolorowy. Poznaj neuroróżnorodność we wszelkich odcieniach!

Co możemy robić, żeby zobaczyć i zaakceptować autyzm?

📣 Poznać postulaty samorzeczników z Klubu Świadomej Młodzieży  
[Klub Świadomej Młodzieży](https://www.facebook.com/klubswiadomejmlodziezylodz/?__tn__=KH-R&eid=ARDjTdEdLkllyMSetTFxCNNcVCU3SsD5AL_jolL52Sxz_KTp7J3bS9zTZ4gQ7p7_2uPuV9ZkJlfMJotH&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM) [Fundacja LOREM](https://www.facebook.com/fundacjalorem/?__tn__=KH-R&eid=ARAi2GFdBD2dpVupFG1VHGu2f4FM5oN90EGhR31Y78oqvJ66RK6Lgw5L6GSQqL9C8bYuvI6Q1eSfRuZk&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM), [Fundacja Autism Team](https://www.facebook.com/autismteam/?__tn__=KH-R&eid=ARAd4mgyHxnuAHGqjTTC3TAVHiNoxd4gCB7Jm-dCPQIlUrrqwIJuCKxcQIzd3v3aAofLO-LhB5K0kjW7&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
[www.facebook.com/ChcemyCalegoZycia/posts/1346323585556103](https://www.facebook.com/ChcemyCalegoZycia/posts/1346323585556103?__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM&__tn__=KH-R)

☕️ Wesprzeć [Klubokawiarnia Życie jest fajne - miejsce pracy dorosłych autystów](https://www.facebook.com/KlubokawiarniaZycieJestFajne/?__tn__=KH-R&eid=ARAovx1XRsoYOyCNtiiVDFlRJHphtV4a6dwPW13P0H1pA_nKdhVsLcmZB8Ho5epYhKbsd4pYdt24ef18&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM), a gdy już sytuacja na to pozwoli - wpaść tam na kawę, ciasto lub lunch. Polecamy też filmy oddające głos autystom, którzy:  
👉🏼 pracują w Klubokawiarni: [https://youtu.be/DsHILsq-QGs](https://youtu.be/DsHILsq-QGs?fbclid=IwAR2UQezH-WGNNsrFBKBXGjM7aAP11IO-xdWTyaZjrgWWGj4ahlUWbLnqZKU)  
👉🏼 tworzą [Integracyjny Klub Wsparcia Dla Dorosłych Osób ze Spektrum Autyzmu](https://www.facebook.com/integracyjnyklubwsparciadladoroslychosobzautyzmem/?__tn__=KH-R&eid=ARD18DGNbCNgjssSBThXP46DrchliWqxCk5sU350b-u0fapB781NrgY--QeKZGM_Ubg2NzQf9PT5MeDo&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM): [https://youtu.be/Aiml-vNfF8M](https://l.facebook.com/l.php?u=https%3A%2F%2Fyoutu.be%2FAiml-vNfF8M%3Ffbclid%3DIwAR1sHM6HfYs3USTwT2wkAyzFQF0VFkKwy_SLlEkY9EFq_eXhRdLpXOYPo8I&h=AT1sQ7r2z7GrpaNxPmLhq9psPlwZwKUgN0w0B-LvG7a-OU4sgHppcGFuDpOV2ZtUwF-RzRfmbJQatWoZCHIlqnKiS9vBoTouZN0mDBui5gkrbjvzUJVC-MTEAAYqLiJvIzN60ddeShp6Ce0eq0KafGWxTobCY5xxG0QBqPlKHNNd9fwSd1APxrvQmCKguVGTLnimPuSmx64Za72Nt10MsEkYv6Hxmm960u0HKvNHABUAgI5TnbfjwMX_StytiqY342rFele6BSXXNc2IEb4bcptqfmtnOTNhls9AI0VtCeOJlyn4Fso_V5kFpGqvwzH9HWVXw9nNZKzjAVpJhNB3jxhicBcVBE-HGjI7xrxTd20rBXqc4AA4hNcVH67JsI3BR21nDir1BAG7gIMTKEDTmMSTy9j5AmcbQwiFL71EcVsZa6mpOqzHPOMopnCgHhI4EkGIMbkiILHJ2qi1EVsYs3xsXqBx6TdxRBCHfivfdZiB8PUaKAGC3hu9ekWuwbn0BalRP1juOH5WG-EatgYyhycVYTibff44U8Gd5sAOcxZiKeOPqoJrzTES9qjrRWRD6enSiCpumviOM0kSc_tINmrCf50yrKoVTmZwujL_jKW8VA-W2A3emavo9DBzTZp_zS_2wZWfGjSxCy9WsHEYR8-D)

👕 Kupić koszulkę lub kubek z niebanalnym hasłem u [Aspiracje.com.pl - autyzm na koszulkach](https://www.facebook.com/ASPIracje/?__tn__=KH-R&eid=ARD350quJkz3zU9jTFP4ERIc3KEGDnAa2aa0OzKDaNNfvnPrjx5t5zKM_1UGGkNlOyIf6E5C8SKtTBGT&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)

👜 Nosić cudne torby od [Fundacja Aktywnych FURIA](https://www.facebook.com/fafuria/?__tn__=KH-R&eid=ARDadePhksoSKkeDSM_7MW6gdUZtMhe2m0064USHEu7kFPVk0pmATnbbQpWMseaXDe6Tk2-DrjLx0xOy&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM), w której większość pracowników o osoby ze spektrum.

📄 Zamówić zin ASPERA, redagowany przez Ewę Furgał: [Dziewczyna w spektrum](https://www.facebook.com/Dziewczynawspektrum/?__tn__=KH-R&eid=ARCeoIw8qqavp35uUh1YqaH5Y4yrejRAqYeVm4IgiJhyU1Ok094hLWyJwiBSOYsZE5krzv3KhsgTKPGm&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM):  
[www.facebook.com/Dziewczynawspektrum/posts/2534554593451233](https://www.facebook.com/Dziewczynawspektrum/posts/2534554593451233?__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM&__tn__=KH-R)

👩🏼‍🎓Posłuchać wykładu [Dr. Temple Grandin](https://www.facebook.com/drtemplegrandin/?__tn__=KH-R&eid=ARBnUXkDBmljPY1qeuEbZ9F3ipFgiXCQNljpRRdGZRN9ZIh488hjPiWxD1CBLHQty4YCuw4d8LU_IYlt&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM) na [TEDx](https://www.facebook.com/TEDxEvents/?__tn__=KH-R&eid=ARA168SljmPfxe_kMO9PZ9GpcZoEjxy6JKxnOVz9nS03jYeGoEl2yBZoPRRboWY8mskNMapDqdhX7-1o&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM) - "Światu potrzeba umysłów różnego rodzaju":  
[www.ted.com/…/temple\_grandin\_the\_world\_needs\_all\_kinds\_of\_m…](http://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds?language=pl&fbclid=IwAR0BGOqYEB7JEoBhR_32qg2rOTAkOakfpjAz9uNr1HI14id2c0eJSBqvNX4)

🎥 Zobaczyć film "Świat oczami dzieci w spektrum autyzmu", przygotowany przez Tosię i Filipa we współpracy z [Fundacja ALEKlasa - wspieramy edukację i rozwój dzieci z Zespołem Aspergera](https://www.facebook.com/FundacjaALEKlasa/?__tn__=KH-R&eid=ARC9M9WmadpCmuESv7NCiMxZHpbgOmzhx6TYPIzQT_o7PhW5SU9yzlteZBRAs1yNHcWbKyoeS0Kt5dHh&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM) i [Fundacja Prodeste](https://www.facebook.com/prodeste/?__tn__=KH-R&eid=ARBD6gwdZUMzFaMyidTpemsoRDHkz1_5JqT91Jz32YR4MVIUt_pAf4PRWxrBrblkQtwMzkz0kF5X3IZz&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
[www.youtube.com/watch?v=7y7v\_ePzMcE](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D7y7v_ePzMcE%26fbclid%3DIwAR38dhLINc7xxiTPEliE6_J94dPDV4r_kckc7oHU7KhJbuKfOoSz1ajR84Y&h=AT24HI-A4N5mzSZwX5Pcm6Vrqqoyb_f_eYxZoaSx-vTO9vQH0KFpYwWCEyhfMpbSmP91Kc6AogGEWnFsAoQBlrIyvJUHjwjb6GUDXPJTPBk0h5Bp0JEpznfPq6jtMmG2gWa6gB_HQ7MkS9_ENpCMViXbOKdgvkHVj7WihfMXr-2HsoxZcW739lmsEo3sTm7DpGvhFz0Oo9qxuh9LhGLM90Xvx4Pv1X03XF51NQl5K7wmwbJB0TOABVMiCWhn8SUrd3CyzlRtP5JaEff37FGTu-B5LgoiSOBInp4mVHmBSH0Y0kzpXdlv9KGOd2pNYzn4f-Eui-mktQVrXfLgLExT3eGXmnJ6IDp0XVOS7AvFvF_If7sDVe80cVhpDuoCLCV0YnRBHid3lL3TpGaCFsTv14Suoor1tkV0o0B-A3gBIVVgHExhQvFI2on_SkiJiTHObBn9PYn7qdK_DLTQwGkZ_OFZZjC_X0jtDBem8Ail_5bP2AA04oxWoTQy-TX-_qyZzbKwg4BsZzIs5_p72BrD_Q-d61zXDsu6sqYbSVfQxxgT8BqTA5EisYDCNwkSln0_VnrjMdGJ6l6JvkKofeAGd3bYca_Y2YhQWKTJrjiLd99TznjloDKy8M1Pk__o7q58zdoIZ0JP7Bni11X27BPBGljp)

⚠️ Poznać kampanię "Dzieciństwo bez przemocy, Dorosłość bez lęku" organizowanej przez [Chcemy całego życia](https://www.facebook.com/ChcemyCalegoZycia/?__tn__=KH-R&eid=ARD4TveosIEbQyy-RLaZIFd1vXwmG-ulEp8FlRhm3f0-utAsisMe3TTJdqF3KHGdReP_EQrx_-O6jiJf&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM):  
[www.niepelnosprawni.pl/ledge/x/954761](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.niepelnosprawni.pl%2Fledge%2Fx%2F954761%3Ffbclid%3DIwAR3YIV2jO0c3VydsvZwkTZcz-j6NvNge6eD8Z2npbevTNQPdlpHIp6hIVaQ&h=AT2p6Ef0E_rdqM4lp9uQ4XLSm0l3MI0rCr8XsdXzEhQu12IcGsmnwhFpCKogMjRF571zCr1ll2T4Q8QabBiHjy2pHaOyoqcxTYblwh4kbDV_5GQ9Uv_V1G0n-2sZcOP7L1rdK3qIwIKuohINnGHhfZKhmK3ARPLJkx9blm_zk8O3yKUfsoPFESW4aHzywt5tTbZeWftAOqQEIIqryGWsMqqc6XitrEACsuEZt8oof8NZ5mXxSNmGF6-pp8AX33k4I4Z2-xhjufOPBPql6O10PfKjfhYdiR5HtMTGUK0FxeWWYCLesRCSz6xM2NzMpKIC7sgDQ1Dz0W41EtaVlqqZn1RPiyY9ZZspEyIsd8Q9OrYiWljWPCLEZ3HBhzYzjQHprHj5vjKJ7kfdF9wUznjEQIGeZpgAXrnAr3HaVrCbTuUd8BK5tvA6Ovxx2C2cSEnFIItrGdw4HzZ7XuCN7seROos6hMqGTASrAYVLAo5D72LnKRZ_MrLW3A_wgFhA4vdTlTQVliw6eIqw2EEyJ3o6YQV3mf9OjsCAaA-TCtN4pvSX8j2qNji4vLuMjhyv4FA5sIm0EKOA9vFxfwh16HiZWKFYd1CNeagjerLZBt4peoRPYTD_t9-WAYzWXMGsuuZgEmIqw5GB3dss4EL-uqwas6kC)

💻Czytać blogi osób z autyzmem i dowiedzieć się, co mają do powiedzenia, np:

🔸 [Jasna Strona Spektrum](https://www.facebook.com/jasnastronaspektrum/?__tn__=KH-R&eid=ARDKQeuKSTHuBYOPNiUqaH68GysFRlcS7LAvJ4tZgd1Ntk11X8I5rBvrWyG8B-7Zz85639kL1GeNyZWf&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸 [Asperger i życie z zespołem Aspergera](https://www.facebook.com/zespolasperger/?__tn__=KH-R&eid=ARCSSL_wtaFJNc8bv6SKgevbwliKRRQmWMVBuNKizf7bVAoebgvt0nzCUUschtcJLtJ5skh7axdYPlSm&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸 [Made in abbys](https://www.facebook.com/madeinabbys/?__tn__=KH-R&eid=ARAtFL01Mo3o7uTTGV_Dnc6Rs97rv7N07vvV0ztogSI0dv-Xwxu2ENmiqHHe3O6s49RX_16j31QC0IeU&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸 [Zza tęczowej szyby](https://www.facebook.com/zzateczowejszyby/?__tn__=KH-R&eid=ARAWSKKDgPByWzvbAJGfiH6T3hyBT4WeS567XPW1eujAMTQK-hw67ydeOsJ7m30OhI31eYY3-upQL7mu&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸 [Ta, co nie wyrosła](https://www.facebook.com/Ta-co-nie-wyros%C5%82a-409330616310909/?__tn__=KH-R&eid=ARCT1UsePUgDjMFpXcciP6VAhbNT4cjvMv67HnvBIz9RdOn_n4pk6bhrppfiBv931vGfBokhg56l7bU7&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸 [Dziewczyna w spektrum](https://www.facebook.com/Dziewczynawspektrum/?__tn__=KH-R&eid=ARDrpvfmejgao74m7mPlCarn5-E18Rey-fzg2S3IA1o08-XtrhX79qgEqVAO7BPx0vj599tFGIguAsaM&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸 [Psycholog na spektrum](https://www.facebook.com/Psycholognaspektrum/?__tn__=KH-R&eid=ARAbT1kQ66GEw4UXx6RGELvtPpp5M2aGVkspvNT7_ucs_m6WjlUC_cCY-BRF_tggi6Y2FU6r1L3PLBj_&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸[Spektronautka](https://www.facebook.com/Spektronautka-703178566712810/?__tn__=KH-R&eid=ARC3JUybTYqJqebhGcNjqG0cmd3ViGvVf_C-GoTvFv-gO0OJ3R8rsWg4hpZvz_RxoGDwrAOkMpiLOD64&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸[Ostatni Rosomak](https://www.facebook.com/Ostatni-Rosomak-1012227422230837/?__tn__=KH-R&eid=ARCjxtTLwC060kYRB9iPctxiV3AoMi5ofwuvXMGnO0L1uv2EupY30kesKQJJE2hJVWsipTvf8kBrSPqD&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
🔸[Photography & asperger](https://www.facebook.com/aspiphotography/?__tn__=KH-R&eid=ARCLrfnRNmKuiDDLVKTBOKhfTJnG0TqFv7SjfX_7PPO-xkahAgx1TxLAan6JgUN_TdhTl3GP8GufaEiS&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)

📹 Obejrzeć filmy w temacie, np:

➡️ [Atypowy](https://www.facebook.com/Atypowy-207547986790139/?__tn__=KH-R&eid=ARBvJTHcBghwrV4b23PJ1pfz_OKVmy3qD8gNT-LIsLmrERfAJlVJUldQt0sib_8Z7gAQbPlOZY8lm0jB&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM) - serial na [Netflix](https://www.facebook.com/netflixpolska/?__tn__=KH-R&eid=ARDGJuklyvXOQ3nRPqyib0OzMyzWDJ7tmbkPVjxKJ1c9vLoprbmWSAp-iBWEM4ZHXXxzlFmR2hF7WmFB&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
➡️ Autyzm - Musical  
➡️ Mozart i Wieloryb  
➡️ Na imię ma Sabine  
➡️ Czarny balonik  
➡️ I Am Me, tutaj (z polskimi napisami)  
➡️ Nazywam się Khan  
➡️ Mary i Max  
➡️ Maria i Ja  
➡️ Słowo na A  
➡️ Na imię ma Sabine  
➡️ Czarny balonik  
➡️ Niespodziewany przyjaciel  
➡️ Mary i Max  
➡️ Maria i Ja  
➡️ Słowo na A  
➡️ Temple Grandin .

🔸 Autyzm - Piękniejszy umysł   
[https://youtu.be/thqQ-hPcChg](https://l.facebook.com/l.php?u=https%3A%2F%2Fyoutu.be%2FthqQ-hPcChg%3Ffbclid%3DIwAR10EIcBilus5FdM6Tk80thA32-A-yyCyn6TUzdniStmts3KV-IvuDfwZi4&h=AT2O_kJ3PW5CJitvBiyD6OC_NUv-KBMfbI07wJcZ_RBqjEe7w6RCCkQvkkoyq2u7cPlYKCy01LwrYP6iRE9n-nxCRD77UcyRK9UGfy4-7lvJhyBqI2Gi6T8qqBeTqeE9c_qNSaQilXn0Kz__KQkaEFzudXLn7O4uWd3gmRjhTqXiBKkUamLAWDOVSpf-D-tBYV1E5JBN878inJj82MyPqDxQlaG-KuvMNDmYWJlU8UrXSui0jGo6nw4ldJT8WGn7kaUrILTPDrVYZsoa-rg3-G5_N_gTAc2xcsOWLkR18uASLRPIWOp04_usfRAKLKowGQ03yFiGSvxAmYQm9hQL3DnExvaWAq-56gr5Zlovb5djWFzHZDCxwGODzjAcytzLCc1HC9EuBmzgjz96Zc1t5zoF4lpOFhmTMmCfgl0wdWF-9caLHXaZbgBmX_Kh7XrOip5pj4qMBsVHgjLhY8oMOH5VOmIQaFyM2QD_0RcpTXr8Usxy7LRu9rACJvESXX8yRmOXVinIMhxG_2eFk5TyrFMVdwvEjYTfyYCknX6xFQ5QO_ZTjYe-U8SIrbe7MprSfNWghtZAUVMbhpvFdgmUqiSlc7loIHaxS5sfoG6wXaKhmJ-f91Ukc0zzQYYb_-2xInMvJx_1W73aeRoacqWi3sjm)  
🔸 I Am Me (z polskimi napisami)  
[www.youtube.com/watch?v=lHnssahA-YI](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DlHnssahA-YI%26fbclid%3DIwAR2B5cNsKulIR6X4OJ8B36NkxWJfOLg34jXvW75NnCDK8zsp4XljMFMgtJQ&h=AT0R1khdkE_ORhJ3j2-3ZnutA_mLStCEL1fVrkTtMpWsMN8epb6FrmcyXhzLASMRUXDB0jVz6YaRMUQJ-GsJBbDYppxJN7AMraYxuPa3cQBdQs361XdzpKMkAYcF4qehs5KqA-2G07FT-43eY3RPT2Gkncz4SaP13jZ5c7SFhKo0GDyH-V3WG8onAodv4lZXN99ulx8BLLDKYaAGunvXccMZ1T_r4FV4crxE_-2dq7B4Dm3WbaGxwbeizr6nwmCL-zsYxPKQN7QGgRgKpkdYOOYlE7EiftdmJOo29ox1-Ddj6fL6d32wYvxEfdkGFZWAmSIAWjwg3LJs0hTJg29H42JHHddJLEPRj-iTeRqs_WCbeboznAtx7wkf4eT_VVW3ygTxd3CyWweMWNngE-_dgh4w9cq9mtAastKCR2l1gC8NFxljVlbUSnThFn-8n3941sSz6lVRhf5J496bmNRxOnQddXuW5aGlThHipXyvgfx-eRAv0C5ptMkP-k0GgwiY-tqeYwPL2wZL-_fKVaOwrpzUzdVvsXnsNavqoaNogZ20qVtIBqwVF16YN1p-AIcQhrlOs8v_5Z4sbsEcXE-41_z-Tw95-samA7HpJBuBFvk7r_tJAiYmRecEnJhHWhRGx2BMfqNOjOWrVRz-Siy9jkhG)

📖 Poczytać książki:  
➡️ Inni niż wszyscy - Pija Lindenbaum, Per Nillson, [Wydawnictwo Zakamarki](https://www.facebook.com/WydawnictwoZakamarki/?__tn__=KH-R&eid=ARB2szthDS3jOM2avi4BNjlf78BRwYx3rczAI0A8sycC6-twHTcAxY05SW0Ck3e8JyyExmAFmxOMtDfM&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
➡️ Krzyś jest wyjątkowy - Charles A. Amenta III, [GWP Gdańskie Wydawnictwo Psychologiczne](https://www.facebook.com/gwppl/?__tn__=KH-R&eid=ARCyBux1gy3lB8bajP3UWJrIEhhNvAj4ADV2535i54ark2LyZoasH5DrB6BxYDhMuH6Jora0wXiw-OrD&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
➡️ Świry, dziwadła i Zespół Aspergera - Luke Jackson, [Wydawnictwo Fraszka Edukacyjna](https://www.facebook.com/WydawnictwoFraszkaEdukacyjna/?__tn__=KH-R&eid=ARAV6u13rDirVDFLjUO1tLrXO6UDBP7V8qzKiYpvK3zkGjfMLrkXURZvApnXM-livOaH9RIKtApsn7-5&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
➡️ SPEcjalne moce. Doskonały projekt. Książka o autyzmie - dr Tracy Packiam Alloway, [Wydawnictwo Zielona Sowa](https://www.facebook.com/ZielonaSowa/?__tn__=KH-R&eid=ARASAGgfTLOQZWLz_SnLnx4ptkF9Md5i502zUk0rYw-fj9so6kSKeQPCQp2ztB6bVas5wpSvTjHgAmeG&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)  
➡️ [Duże sprawy w małych głowach](https://www.facebook.com/duze.sprawy/?__tn__=KH-R&eid=ARAqbVNNz0xQNfVk1paskp8jg32z8n39sTOaZJ1Uv_fbnCz9pfcUZ-CXzp4DO6oDdEVUVyZmSevL8Nrp&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM) - Agnieszka Kossakowska, [Biała Plama](https://www.facebook.com/seriaBialaPlama/?__tn__=KH-R&eid=ARDLwUHBfddEJoeRQ3BbyYEmpXTdILuetHcGCM-nkR9bweYan75vef68gPfcHU0XdIVgsIJSY5om20mp&fref=mentions&__xts__%5B0%5D=68.ARDEs13FIwoqkVblYfU4vhLlLzh3Z4aX-urySt0UcK8H9cqVX8yBfrzsrZT6I-kNK-f94gOG5XBlMA0hadcbXeU22Wzky63_nXQjiipGwGM13_yXfUj9TPz4KXKXXAGKRmWQJV83etP9_3Gn32u6Xkaiug6wbjxoT9QQZVDkChpgdJ82PZd1cfZErOg4n9URVhhEOT4yAvvx4dZHrMR4-t9oOB1J4IP2Pon5ijvTTsO9e8wmDz07hHUeNsxR8MIXaN2xEg40AbDVOXvxgx-rrrELWf9qYyta9Wcj5zzVef3xeufKqtO1T7-EeFfekAm4JcK8uYMeb0geDShMHYAy_WfKBwM)